

The Correspondent

VOLUME: 1

Issue: 3



EASTER

No Holy Day or festival in the Christian year compare in importance with Easter Sunday. That Jesus Christ was resurrected, after having suffered and died on the Cross is the most central belief to the Christian faith. Christians believe that by His dying, Jesus Christ accomplished a reconciliation between God and man. Without this great event, Christmas would have no meaning and Christianity would never have come to pass. So Easter is welcomed and rejoicing by millions around the world.

EASTER EGGS

Eggs have become closely associated with Easter and are regarded as a symbol of the resurrection. They hold the seeds of life and serve to represent not so much the birth but the rebirth of the soul.

However, the eggs as a symbol of life is much older than Christianity. Nearly every ancient culture has some myth or legend relating the egg and creation of earth, man, the universe, and even God.

In ancient Egypt, eggs were said to be dyed bright colors and given at the spring festivals of the vernal equinox. In medieval times eggs were not eaten during the strict fast of Lent. Afterwards, families sent their collection of eggs to the priest to be blessed. Many of the eggs were dyed red, for joyousness or in memory of the blood that Christ shed for mankind. Some believe this may be an explanation for the many red dyed eggs found in the catacombs after the persecution of the Christians.

The easter egg games popular a few hundred years ago still delight children around the world today. A favorite game was always been rolling hard boiled eggs on a field, crashing them into each other until only one unbroken one remains. Some believe this is done in imitation of the stone being rolled away from Christ's tomb.

THE EASTER RABBIT

To be truthful is the hare, not the rabbit, who should be honored as the most famous secular Easter symbol. Easter is dependent on the phase of the moon for its date, and from antiquity the hare has been the symbol of the moon; the rabbit is not. According to legend, the hare was never to blink or close its eyes. Like the moon it is a nocturnal creature. It carries its seed for about a month before giving birth, resembling the moon going through its phases to reach peak fullness. Both the moon and the hare were considered to be hermaphrodites, the waxing of the moon being masculine and the waning feminine.

The various customs connected with Easter hare came to America with the Germans who brought with them the idea that the Easter hare laid eggs in the grass for children to find. In France, children are told that the hare runs to Rome to bring back their colored eggs.

KAREN'S KORNERS

WHAT EVER HAPPENED TO EXCELLENCE?

You are a musician. You are in a band which is providing music for dancing at a sizable social gathering. Members of the audience, mostly in their middle years, appreciate your music. Whatever you play--fast, slow, Latin--the dance floor is full. Quite frequently, the dancers enjoy a number enough that they applaud, gather around the bandstand and ask for more.

But the joy is not unanimous. Across the floor is a table of younger couples who are doing more drinking than dancing...who, in fact, have hardly danced at all. Forty years' experience has taught you what to expect next. After staring glumly at the band through several drinks, one of the young men elbows his way through the crowd and blurts out, "Why don't you guys play something we can dance to? Don't you know anything fast--anything with a beat?" You ask for a suggestion. He demands a "top forty" tune, and, when you play it, his gyrations display no relationship to the tune, the beat nor the movements of his partner. In fact, they display no relationship to dancing. He is simply a lousy dancer!

But his courage is up, and he continues to harass the band until you remind him pointedly that the people who know how to dance are crowding the floor for every number you play. He glares, says something that is calculated to be threatening and stalks out with his group. Later, in a smoky den where three guitar players and a drummer seem dedicated to drowning out the unintelligible words of a "singer," he is relieved of any responsibility to dance....or even to converse.

You buy a house--a "dream home" built by a prestigious builder in a lovely neighborhood. Within two years, you replace the ceilings beneath both upstairs bathrooms because the plumbing has been poorly installed. Your interior "prehung" doors never fit well enough for the latches to hold. And when you attempt to add shelves, cabinets or cornices, you despair of ever finding a square corner or a plumb wall anywhere in your dream home.

An imported automobile makes its debut in a blazing fanfare of expensive advertising. You try one--a superbly engineered machine--and you buy it. Of course, a few things are wrong--the brakes are mushy, the dashlights have a mind of their own, you cannot control the flow of hot and cold air--things like that. But then you have been conditioned to expect some of that in any new car these days and, besides, an elite cadre of "factory trained" mechanics is straining at the leash in the eagerness to make you happy with your new car. That is what you think!

Within the next few months, you have lost an incredible amount of time taking your car to the shop. You have gained a reputation as a pain in the neck simply because you have persisted in expecting the

dealer to live up to his claims. And before you know it, the warranty has expired on your car and the things that were wrong at the outset are still wrong.

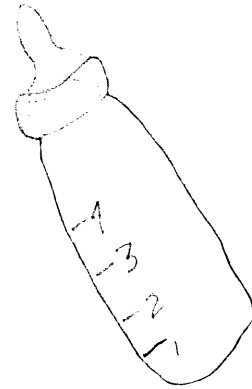
Is it only irascible old curmudgeons who wonder what happened to kids who used to accept dancing as a fun sort of challenge, who worked at learning steps, who took pride in being able to dance to anything the orchestra might play? Or to musicians who placed a premium upon versatility...who strived continually to learn more numbers in more keys, strained for wider ranges and purer tones, would have felt dishonest using expensive equipment without first cultivating some measure of artistry? Or to listeners who appreciated music as much as they appreciated words? What ever happened to plumbers and carpenters who used squares and levels...to mechanics who fixed--rather than replaced things that went wrong with your car? What ever happened to excellence?

As a consumer, I have learned to be surprised when anything I buy lives up to its advance billing. Yet, I still get angry when a product or a service that is supposed to be first-rate and for which I have paid a top price turns out to be mediocre, or even faulty, in quality or workmanship.

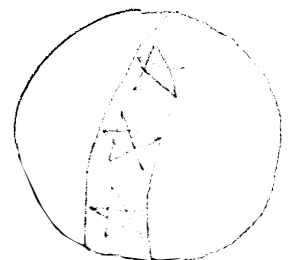
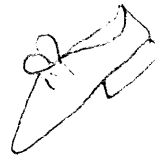
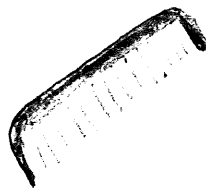
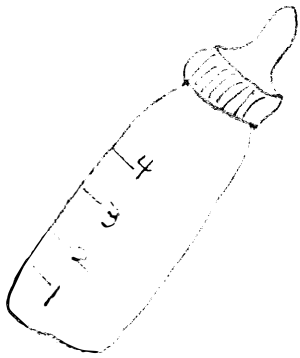
Apart from my resentment, which I am sure is shared by others in similar situations, I feel a deeper concern that something has gone wrong with the values of our whole society. In our affluence, have we made things too easy to acquire? In our eagerness to reach out to others, have we accepted even promoted mediocrity? In our entertainment, we have become spectators rather than participants. If we fail in anything, our fall is cushioned by the nearly infinite alternatives which remain available to us. Where is the incentive to excel? If it does not spring from within the individual, it is not likely to be provided by his environment.

Perhaps mediocrity could be defended on the grounds that it gets more people involved. It could be more important for all the children to get a chance to play than to insist upon a winning team. It could be more important to expose all the children to some dancing than to concentrate upon producing one ballerina. But why not do both? It should be possible--could be essential--for us to learn how to promote both involvement and excellence. If not, we may be sentencing our future generations to a crazy sort of half-life in which there are audiences but no performers, players but no winners!

BABE'S IN MEDICARE LAND



Guess Who!



Answers to LAST ISSUE: SHIRLEY GUNTER
LINDA HARRIS

BLOOPER'S

Believe It Or Not!

Beth Maury's birthday is on February 29.
She celebrates it on both February 28 and March 1
because she only gets one real birthday every 4 years. She'll
be 7 1/2 years old (30).

After Sally Evans finished eating her breakfast the other morning,
she decided to take her trash, tray, scraps and all to the elevator
with her. She finally realized it when her co-worker Wilma Ketchel
called to her and asked her what she was doing.

APRIL 11, 1986--A DAY OFF WITH PAY!!!!!! SEE THE LAST PAGE FOR
DETAILS!

ON THE
LITE
SIDE

An Ode to Liquidity

'Tis the day before payday
And all through my jeans
I've hunted in vain for the ways
and the means
Not a quarter is stirring
Not even a bit
The greenbacks have left me
The pennies have quit!
Backward, rush backward,
Oh, time in thy flight,
And make it tomorrow,
just for tonight!

REMEMBER: Trying to squash a rumor is like trying to unring a bell.
Memory is what makes you wonder what you've forgotten.
It is human nature to think wisely and act foolishly.
When life gives you lemons: Make lemonaide!

W GAE
LIFE
GAE
G CONTINUED

THE OPTIMIST CREED

Promise Yourself...

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness and prosperity to every person you meet.

To make all your friends feel that there is something in them.

To look at the sunny side of everything and make your optimism come true.

To think only of the best, to work only for the best, and expect only the best.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

Watch out for Angela Edwards and Melinda Jerrell on the roads, they just got custom made Beach Cruisers and are keeping the streets hot!!!!

GET IN SHAPE!! Those interested in a FREE workout (one) at the American Fitness Center on Blanding Blvd in Orange Park, come in and ask for me, Gay Fulford, or come to J Section to see me to set up an appointment.

Jacqueline Ebert and Hubby have an antique car hobby. Just recently they purchased a 1960 Austin Healy Bug Eye Sprite (not running yet). They hope to have it running by March for a car rally.

Do you get tired of calling information and being charged 25¢cents for each call? Well, you don't have to anymore. There is a new information service in town. The number is 731-EASY. They can give you any phone number you need and it's FREE!!!!

Can you say this bene's name three times? AMAZONINA DEAZEVEDO
How about this doctor's name? DR MANOUCHER MANOUCHERI

Household, Health, & Beauty Hints

KID HINTS:

Sour bottle smell, even when bottles are clean...soak bottles in a heavy solution of baking soda and water.

Old plastic clothes baskets and baby bath tubs make great toy boxes.

To help your child develop independence, be sure he/she can reach their clothes.

QUICK HINTS:

In a hurry? An egg poacher is the ideal way to heat up several foods at once.

Wax dust pans; the dirt will slide right off.

Wax kitchen walls and grease will wipe right off.

A sponge makes a great soap dish.

BEAUTY HINTS:

Don't let cosmetics get contaminated. Use clean applicators or washed hands to apply cosmetics.

Don't over-use oily moisturizers.

To make an outfit look sophisticated, wear a hat!

Multi-colors look casual, solid colors more formal.

Whether you plan to accent or to match, don't guess color. Take the colored item with you when shopping for accessories.

Accessories give you a finished look, but if you're not sure about a particular touch, eliminate it.

CHECK IT OUT! Experiment--try various pieces of clothing in front of a full length mirror, you may be surprised at what works and what doesn't.

Want to change your look? Pick one big, bold accent--a pin, belt or shoes.

Don't be afraid to mix color with color; keep intensities the same; don't mix shock colors with pales.

Weddings

Ron Waye and Deborah Randolph were married on March 1, 1986

Betty Hester and Jim McEachern will be married on March 28, 1986

Jean Poteet and Jeff Hanson will be married on March 22, 1986

Donna Fentress and Danny Thornton will be married on April 19, 1986

Trips

Deadra Silas is going on the trip to Hawaii. ALOHA.....

Eva Brown went on the Blue Cross sponsored trip to Cypress Gardens the weekend of 3-8-86. She also visited the Dinner Theater in St Petersburg and the Medieval Fair in Sarasota.

Congratulations

LUCKY Lauri Leroy won \$100.00 on the Y103 give away.

Brenda Cason's 11 year old son, Clifton Anthony, received his yellow belt from Pak's Karate school on December 7, 1985.

Renee' Pollard went to Tech Services. Good Luck Renee'.

The whole 17th floor would like to extend a BIG WELCOME to all of the NEW TRAINEES. Good Luck and remember things will get better.

Congratulations to our Weight Watchers on 17T for loosing a grand total of 276 pounds!

Allan Monte will release his first album "What If Your Wrong About This" during the month of March.

Thanks to Justine Connor for being a blood donor.

Congratulations to Henry and Jane Douglas on the birth of Matthew Kyle Douglas (Matt) on January 16, 1986.

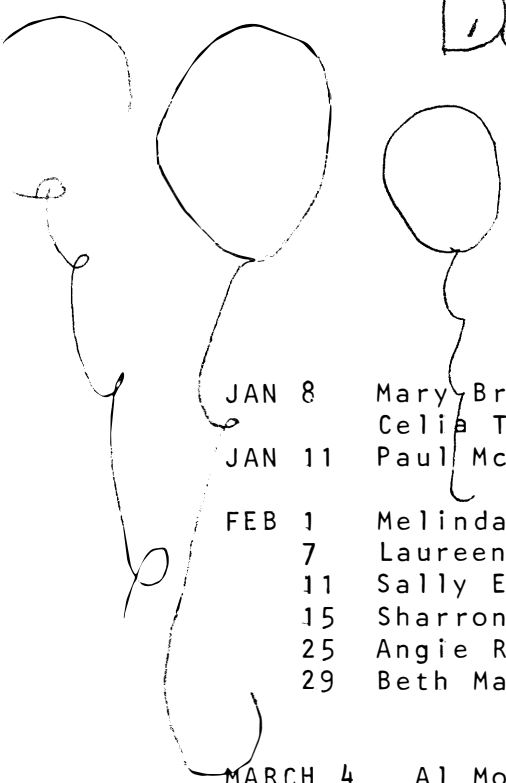
Congratulations to Pat Kendricks on the birth of her son Keenan Patrick on January 12, 1986.

Congratulations to Ilene Florit and Husband on the birth of their son Ryan Andrew on February 5, 1986.

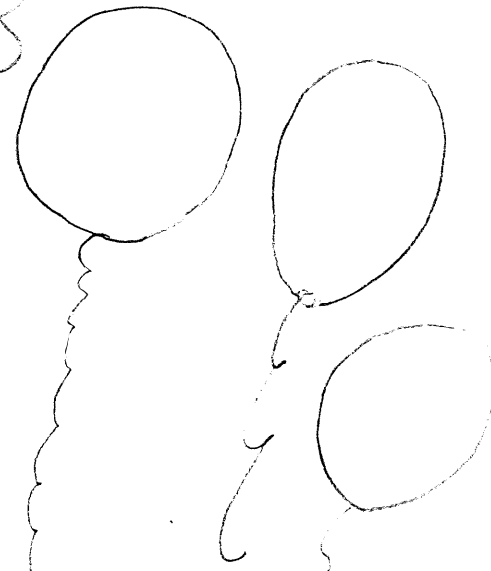
Welcome back to Millie Perez and Karen Wilson both returning after surgery.

Congratulations to Celia Tomlinson for getting to take her 1st plane ride to Philadelphia to visit her grandmother who turned 90 years old on January 23rd.

BIRTHDAYS



JAN 8 Mary Bryant
Celia Tomlinson
JAN 11 Paul McCaskill
FEB 1 Melinda Jerrell
7 Laureen Foote
11 Sally Evans
15 Sharron Mays
25 Angie Roddenberry
29 Beth Maury



APRIL 3 Linda DeBose
5 Patty Charles
10 Macy Wadford
14 Pete Strickland

MARCH 4 Al Monte
5 Sharon Layton
5 Laura Rountree
6 Wanda Foston
13 Bobbi Black
16 Terry Schaub
16 Deborah Moore
16 Tannis Rivenbark
27 Jacquelin Ebert

Service Anniversaries

FEB 1 Robert Hannah 4yrs

FEB 13 Deborah Moore 2yrs

FEB 15 Sharon Perry 15yrs

MARCH 26 Donna Fentress 7yrs

MARCH 29 Renita White 5yrs

WEDDING ANNIVERSARIES

FEBRUARY	14	Celia Tomlinson	8 years
	24	Vivian Crews	42 years
	27	Deborah Moore	8 years
March	1	Ron Waye	27 days
	2	Libby and Kenny Fothergill	1 year
	5	Cindy and Robert Mashburn	3 years
	5	Sandy and Allen Eldridge	3 years
	12	Marcedea Williams	5 years
	18	Evelyn Colon'	
	25	Pam Streitler	9 years

TRIVIA

- 1 Which First Lady taught her husband how to write?
- 2 Who was the wife of one President and the mother of another?
- 3 What is the most often used word in the English language?
The Second?

SWAP AND SHOP

78 Camaro--Blue \$1000.00 or best offer. Call ext 6437 or
768-2193

New Texas Instrument Home Computer \$25.00. Contact Robert
Hannan in K section ext 6477

RECIPE CORNER

Summer Delight--1/2 gallon rainbow sherbert
1 large container cool whip
1 angelfood cake

Cut the cake into 3 layers. On each layer spread 1 kind of
the sherbert on each layer. After putting the cake back together
use the cool whip as icing. Keep in freezer. Also the same
thing can be done with pound cake and icecream.

MID CORNER

Maritza Simpson daughter of Lillie Simpson, won 1st place in the Read to Succeed program during the month of February.

Bobby Baxter son of Anny Baxter played with the HAB Basketball team and was named the Best Team Captain of the year and the team was also the Champs of the 85-86 year.

Tanika Baxter was on the A/B honor roll for the last 9 week period at Pine Forest Elementary.

Justin Tomlinson, who is in the 1st grade made the honor roll for his first 9 weeks.

Felicia Colon, daughter of Evelyn Colon', made the 1st grade honor roll for the 2nd quarter.

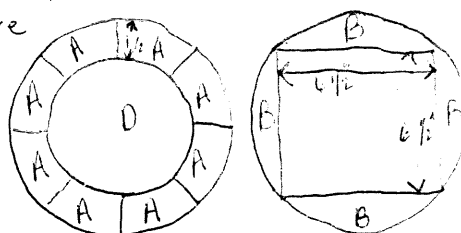
Ray Turner, son of Kay Turner, is playing baseball again this year after making All Stars last year.

TRIVIA answers:

- 1 Eliza McCardle Johnson. When she married Andrew Johnson, he could barely read and could not write at all.
- 2 Abigail Smith was the wife of John Adams, the second president, and the mother of John Quincy Adams, the sixth president.
- 3 "OF" is the most often used word. "THE" is the second.



FOR EASTER or for baby's first birthday, you simply couldn't find a more irresistible cake than this Honey-Bunny - the most requested cut-up of them all!



- 1 From a 9-inch cake layer, cut 1-1/2-inch ring, then cut ring into 8 equal pieces (A). From a second 9-inch layer, cut edges to form a 6 1/2-inch square.

- 2 Arrange pieces to form bunny, starting to place pieces (A) to form each paw and placing two pieces (B) together to form each ear. Frost with Seven Minute Frosting.

Tint 1/3 cup Frosting Angel Food coconut pink and sprinkle on ears, nose and bottom paws. For plain coconut over rest of cut-up. Decorate as desired with licorice faces, a pink jelly bean, one red and two black gumdrops for a bow.

Odd & Ends

Birth, Marriage and Other Vital Records

A guide to help you track down lost or misplaced documents

You reach into a file for some essential record and come up empty-handed. Maybe it was lost in moving or thrown out by mistake. In any case, here's how to replace it.

All requests for documents must be made in writing and accompanied by applicable fees. To find out fees, write or call the appropriate state or local office first.

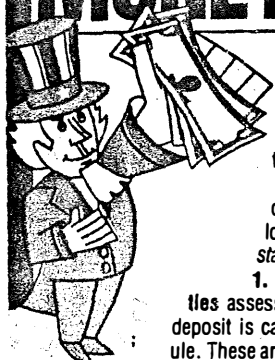
Record-keeping varies by state, but the recommendations below apply to most. If the records are for someone other than yourself, state your relationship to the person in your letter and the reason you want the document.

Birth and death records: Write the state bureau of vital statistics or department of health. Include full name of the person whose record is requested; sex and race; parents' names (also mother's maiden name); city, county and state of birth or death. If known, give exact or approximate date of birth or death.

Marriage or divorce records: Contact the office of the city clerk or county clerk; some states require that you write to the bureau of vital statistics. Provide full names of the couple; their ages at the time of marriage or divorce; birth dates; date and location (city, county and state) of the marriage or divorce; type of divorce decree (whether it included alimony or child support).

Military records: Write Dept. of Defense, Military Personnel Records Ctr., 9700 Page Blvd., St. Louis, MO 63100. Include the full name and service or social security number of the person whose records are being requested; service branch; date of birth (and death if it applies); dates of active service; location and date of discharge. —Dawn Sova

MONEY FACTS



Tax Alert: Help for '85

Many people pay more tax than necessary because they fail to make legitimate claims. Write off the following even if you take the standard deduction:

1. Early-withdrawal penalties assessed when a certificate of deposit is cashed in ahead of schedule. These are *not* subtracted from the interest reported to the IRS on form 1099, so you must file a claim.

2. Working couples' deduction. Two-income couples can deduct 10 percent of the lower earner's net wages (after subtracting any contributions to an Individual Retirement Account).

3. Political contributions. You can claim half of what you gave—

up to \$50 for singles, \$100 for couples.

4. Moving expenses if you moved to take a job located at least 35 miles farther away from your old house than your previous job.

If you itemize deductions, you can also claim these:

5. Transportation to do volunteer work. You can now deduct 12¢ a mile, plus parking and tolls, when you travel to work for a charity.

6. Home-business expenses. In addition to costs of all supplies, advertising, accounting fees etc., you can deduct a pro-rata portion of your rent or mortgage, utilities and certain home maintenance costs.

7. Uniforms required but not provided by your employer—the cost of both buy-

ing and cleaning them.

8. Union dues and membership fees to professional societies and trade associations necessary for your work.

9. Tuition for courses to maintain or improve skills needed for your present job.

10. Points paid on a new mortgage, as well as any penalty for prepaying a loan.

11. Tax-preparation fees, including the cost of tax books and legal and accounting advice.

12. Costs of producing or collecting income, including safe deposit boxes for holding securities, investment books and newsletters and fees to set up or administer an IRA or any other investment.

Spruce Up for Spring

Tips on decluttering

Is your home starting to look like a flea market? If so, you're the victim of Creeping Clutter. Here, six tips for eliminating habitual messiness.

1. Convince yourself that clutter-free environments can be created. To achieve one, you must be determined to throw out, sell, donate or contribute items, or file them away methodically so they can be retrieved later. Topping the litter list are magazines, books and old clothing. Sort through magazines regularly and clip out anything you might want for your files, discarding the rest. Keep only those books that are sacred to you, used for reference, or not readily available at a library. Donate out-of-style or rarely worn clothing to a worthy cause.

2. Get rid of everything that does not have a practical, material or nostalgic purpose. Create a place for everything, in-

cluding labeled containers stored inside closets.

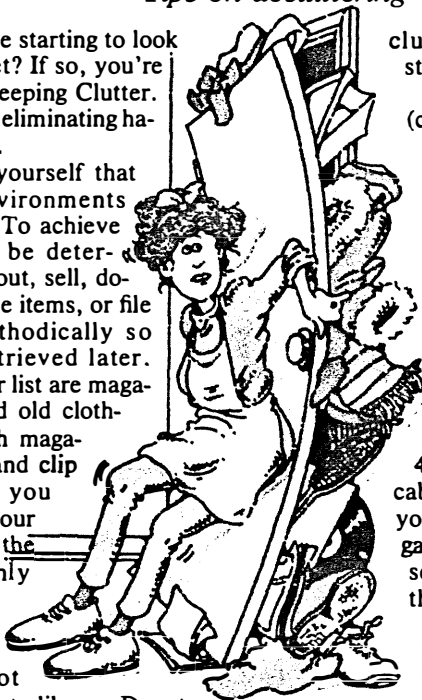
3. Scrutinize every room (closets, too) and ask yourself two questions about anything you don't use regularly: How long should I keep this item? What's the worst that could happen if I discard it? Get rid of those disliked wedding presents, no-longer-needed maternity clothes. Ask your accountant how long you need to hold on to papers for tax purposes.

4. Go through your kitchen cabinets and determine when you last used any appliance, gadget or dish. Give away or sell anything not used within the last three years.

5. Inspire group pride in keeping a clean ship—involve your spouse and children. Have certain hours each month or two to sort and sift.

6. Consult family members before throwing anything of theirs away. One person's clutter might be another's prize possession.

—Jan Yager, Ph.D.





continued



Mothers-to-Be Need Seat Belts

Proper use prevents injury.

▼ In case your doctor has not advised you on seat-belt safety: **DON'T** be afraid that belt pressure will harm fetus. **DO** wear both lap and shoulder belts as shown—lap belt *low* across hipbones and as snugly as possible, shoulder belt *above* protruding uterus but not chafing neck. This recommendation comes from Dr. Albert Chang, director of the California Center for Child Passenger Safety.

Diets

BEST MOTHERING TIPS

By Erma Bombeck

■ First of all, stay in bed for thirty days following a birth. It gives everything a chance to settle back into place . . . like your mother-in-law.

■ Never have more children than you have car windows.

■ Children will never eat anything that has not danced on TV.

■ Patience is not always a virtue. Often it signifies a drinking problem.

■ If kids buy "This hurts me more than it hurts you," they will buy "You don't need a car, because I love you."

Homebody	Restaurantgoer	Yo-Yo	50 Pounds Plus	Couples	
Are you a full-time mother or someone who works at home? Then you're a homebody, a dieter who must learn to live with constant temptation, and stock shelves and refrigerator wisely. You can. And you can find time to cook delicious diet food too!	Do you eat out a lot? You can make it as a restaurant dieter if you tell little white lies to the waiter: "My doctor says I can't have butter on my fish." And don't order entrées—an appetizer and a salad make a fine, full meal.	If you're always on a diet, always losing and gaining back weight, you're what Dr. Berger calls a yo-yo. You've got to train yourself to go on a diet that's basically different <i>forever</i> , though you can splurge on a sundae once in a while.	Aiming for a loss of fifty pounds plus? Make up your mind that your health's more important than the joy of food, and prepare yourself to eat simple, healthy things till you reach your goal. You'll be surprised at how easy this kind of diet is.	Have you and your husband been toying with the idea of a diet? The couples plan is for you. You're sure to succeed because you both have a built-in support system—each other!	Found your diet personality? The rest is easy. Turn to page 115 to order the diet that Dr. Berger designed especially for your type. Send just \$7.95, and you'll receive menus and recipes plus instructions from Dr. Berger to help you.

WHAT'S THE BEST DIET FOR YOU?



FOOD TIPS

The Working Woman's Supper Savers

Today, 50% of all women are employed. This means we spend less time cooking. In fact, many of us have discovered we're relying more and more on frozen foods. We asked a few working women around the country to share some of their cooking and entertaining techniques.

SUPPER SURVIVAL TIPS FROM WORKING WOMEN ACROSS THE COUNTRY...

- **Keep a variety of frozen entrées on hand.** Family members can choose what they want, when they want to eat, just like in a restaurant.
- **Discover the speed and convenience of a microwave.** If you think you don't have room for one, check out the small units that go anywhere: under the cabinet, on the counter top, almost any place.
- **Make your freezer work for you.** Keep an extra frozen pizza you can cut up for small hors d'oeuvres for instant entertaining.
- **Use frozen fruits and vegetables as ingredients in recipes as well as side**

dishes. Since they are already peeled and cut up, they get dinner on the table much faster after a busy day.

• **Enjoy the mental freedom a well-stocked freezer provides.** "No longer do I worry about dinner when a meeting runs late. There's always something in the freezer that heats up fast."

• **Take a few minutes to study the new items in your grocer's freezer case.** Look for low-calorie entrées, even desserts and fancy dishes normally found only in expensive restaurants.

Slim Fixin's

Staying slim, getting thinner or just staying healthy? Take these tips from Ann C. Grandjean, R.D., M.S., Associate Director for the Swanson Center for Nutrition, Inc. and Chief Nutrition Consultant, U.S. Olympic Committee.

Never go to the grocery store when you're hungry.

Cook smaller portions so there are no tempting leftovers.

Avoid the "dab" syndrome. When cooking and cleaning up, it's tempting to eat a dab of this, a dab of that. Ask someone else to taste...to throw out or store (if you must!) the extra dabs.

If you don't see it, you're less likely to eat it. So, turn out the light in your refrigerator. And store foods such as cookies in opaque containers!

Keep the "good" foods (like carrot and celery sticks) visible and up-front in the refrigerator.

Change your eating habits so you eat less. Take a minimum of 30 minutes to eat

a meal; chew each bite 20 times and put your fork down between bites.

• **Increase the amount of satisfying high-fiber, low-fat foods in your diet: fruits, whole-grain foods, vegetables.**

• **Be wary of restaurant low-calorie menu suggestions.** A ground beef patty and cottage cheese is higher in calories than beef on a bun with lettuce and tomato. Also, a hefty serving of salad dressing at the salad bar can easily add 400 calories!

HOW LONG CAN YOU FREEZE IT?

Freezing food safely depends on: how it was handled from plant to supermarket to your home, how well it's wrapped, and your freezer. This chart is based on a freezing temperature of 0° or below, common for separate chest-type freezers. If your unit is a combination refrigerator-freezer, the freezing temperature is probably slightly higher. So follow the minimum storage times suggested on the chart. Foods stored longer than suggested lose some quality—but are still safe.

FOOD	RECOMMENDED FREEZING TIME AT 0° F.
Beef	stew meat: 3-4 months; steaks/roasts: 6-12 months
Breads, rolls	3 months
Cakes	2-6 months
Cheesecakes	1 month
Chicken	whole: 6-9 months; pieces: 9 months
Coffeecakes	1 month
Cookies	6-8 months
Entrées	12 months
Fish	1 month
Fruits	12 months
Ground meat beef/pork/veal	3-4 months (Wrap in patties or bulk.)
Ice cream	1 month
Lamb	6-9 months
Meals/dinners	3-6 months
Nuts	6-12 months
Pies, fruit	6-8 months
Pizza	6 months
Pork	chops: 3-4 months; roasts: 4-6 months
Sandwiches	1 month
Shrimp	3-4 months
Soups	2-4 months
Vegetables	8-12 months

EGGS & BASKETS

DECORATED EGGS

■ **GENERAL DIRECTIONS:** To hard-cook eggs without cracking, poke hole in large end with egg prick (sold at kitchen-gadget counters) or with needle inserted in center of 1" cork until it protrudes 1/4". With slotted spoon lower egg into cold water in enamel, steel or glass pot (it will stain aluminum or iron). Bring water to gentle boil and then cook for exactly 9 minutes. Remove eggs and rinse in cold water.

To decorate egg, work on a clean protected surface—not newspaper (print may rub off). Mix dyes following directions with egg-dye package (we used Paas tablets). For intense colors, use 2 tablets or immerse egg in dye for long time. To apply designs, prop up egg, or hold it between thumb and forefinger or lay it flat and decorate each side separately. To shine, rub decorated eggs with butter lightly smeared on paper towel. For eggs you don't plan to eat, 3 coats clear acrylic spray will give hard, shiny finish.

■ **THREE METHODS FOR MARBLEIZING EGGS:** 1. Using Paas tablets, dye egg pale or medium color. Remove from dye and, while egg is still wet, draw lines and swirls with undissolved tablet of contrasting color. Let dry for about 1 minute. Dip egg briefly again in background color so that applied lines run slightly.

2. **Not edible:** Dye egg a deep, rich color. Remove from dye and, while egg is still wet, lightly dribble chlorine bleach from a spoon onto it, creating light spots and splashes in background color.

3. **Not edible:** Dye egg desired color. Remove from dye and, while egg is still wet, spray lightly with interior/exterior enamel (from hardware store)—water and enamel together give marbleized effect. To economize, buy one color spray and dye backgrounds different colors. Be sure to follow manufacturer's instructions for ventilation and spray-painting; protect surrounding surfaces.

■ **PLAID AND STRIPED EGGS:** Prepare several dye baths. Dye egg a light color or leave white. When dry, apply varied strips of masking tape to retain previous color, then dye darker color. Let dry. Add tapes, masking off any colors you wish to retain. Continue in this manner, working from light to dark. Clip edges of tapes when necessary to accommodate curves. Color will bleed slightly under edge of tape.

■ **DECOUPAGED EGGS:** Separate layers of colored or white paper napkin printed with small floral pattern. Cut out images, including some surrounding background. Mix 2 parts Elmer's Glue-All with 1 part water. Brush a thin layer on white or dyed egg. Pick up cutout by edge and lay on egg; smooth with brush and more glue if necessary. If image will not lie flat, slit or trim edge. Apply cutouts at random, covering egg.



S Y N N U B E T A L O C O H C D T C
 U C A A D E A S T E R B O N N E T A
 N E P M E S D H O L I D A Y K S R D
 D W E N U B W I R I S H W S K Y L C
 A Y T H O L Y A U A I Z A N H Z L A
 Y A E S H A L L T I B B A R T D E R
 S D R N Z L I M L Y D N A C N C P R
 C S C A D K M K D E E B L A E H R O
 H K O I L L A T E D J R Y E E I U T
 O C T S O E F H K L E N H I T L C S
 O I T E G L H U S U N C A T N D N U
 L R O N F G H H A U R K A E E R U E
 L T N R O A E U B U L P R E V E A R
 H A T Q T S G R H Q A S B A E N H S
 C P A B O S E C E R R U H C S Q C S
 A T I A P T E L G T F D R G H E E A
 D S L K S U T N D K S Q K A C D R R
 S B S L O O F L I R P A L P R H P G
 U M E U S B T N U H G G E Q A T E G
 E C I V R E S E S I R N U S M U L C



EASTER BUNNY
 IRISH
 MARCH SEVENTEENTH
 CHILDREN
 EASTER EGGS
 SUNDAY SCHOOL
 EGG HUNT
 CHOCOLATE BUNNY
 GRASS
 CANDY
 FAMILY
 HOLIDAY

ST PATRICKS DAY
 POT OF GOLD
 RABBIT
 PETER COTTON TAIL
 BASKET
 CHURCH
 JELLY BEAN
 EASTER BONNET
 APRIL FOOL
 LEPRECHAUN
 NEST
 SUNRISE SERVICE

DETAILS: APRIL FOOL'S